

# Meditation for peace

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You are listening to a meditation to help you feel peace

Make yourself comfortable.

Let your body relax.

Take a deep breath in,  
And a long breath out.

This meditation is inspired by an ancient song  
It begins, 'the Lord is my shepherd'  
As you listen, imagine yourself in the scene.

'The LORD is my shepherd;  
I have everything I need.

He lets me rest in fields of green grass  
and leads me to quiet pools of fresh water.

He gives me new strength.  
He guides me in the right paths,  
as he has promised.

Even if I go through the deepest darkness,  
I will not be afraid, LORD,  
for you are with me.  
Your shepherd's rod and staff protect me.

You prepare a banquet for me,  
where all my enemies can see me;  
You welcome me as an honoured guest  
and fill my cup to the brim.

I know that your goodness and love will be with me all my life;  
and your house will be my home as long as I live!

Take a deep breath in,

The ground underfoot becomes rocky and you start to feel yourself slipping.  
You can no longer see the outline of the shepherd's staff.  
But he taps it on nearby rocks so  
You can follow the sound.

Take a deep breath in  
And a long breath out

You haven't walked this road alone.  
The good shepherd has been with you.

The rain begins to slow.

Tell him something that's made you smile today.

[PAUSE]

Share your favourite memory with him.

You've forgotten about the others in the room;

All you feel is peace.

Rest in this feeling.

Take a deep breath in,

And a long breath out.

This meditation has talked you through an ancient image of the good shepherd found in Psalms.

For the songwriter, this good shepherd was God.

As you prepare for this meditation to end, invite the good shepherd to lead you through your day, confident that his goodness and love is always with you.